



2022

NORMOYLE SENIOR CENTER
700 Culberson Ave.
San Antonio, Texas 78211
(210) 207-5650 M-F 7am-4pm

Our Apologies: This Calendar is tentative and may change at any time without advanced notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>June 6 to July 29</p> <p>Kids Camp</p> 	<p>Lunch Time Changes 12pm-1pm 10:30am Gather belongings from Dining Room & move to Lounge Area</p>	<p>Next Month: August 1st Lunch moves back to 11 am</p>		<p>1 WEAR RED, WHITE & BLUE 1PM-2PM (See Flyer) Health Screenings 8:00am-4:00pm FIELD TRIP: Walmart 9:30am (See front Desk) No Bingo Today</p>
<p>4</p>  <p>CENTER CLOSED</p>	<p>5</p>	<p>6 Health Screenings 8:00am-4:00pm</p>	<p>7 Support Group w/ Harry Miller@ 8:30am (Art Rm) Caregivers SOS 10am (Art Room) Field Trip: HEB @ Nogalitos Nutritional 9:30am Signup</p>	<p>8 Health Screenings 8:00am-4:00pm FIELD TRIP: Pica Pica 9:30am (See front desk)</p>
<p>11 Health Screenings 8:00am-4:00pm</p>	<p>12 Well Med Medicaid Assistance Unidad Gonzalez 9 am-11 am UTSA Screenings 1 pm-2:30 pm</p>	<p>13 Health Screenings 8:00am-4:00pm Health Talk with Sirena @ 10:45am (Dining Room) Volunteer Meeting@ 11am</p>	<p>14 Support Group w/ Harry Miller@ 8:30am (Art Rm) Caregivers SOS 10am (Art Room) Nutritional Talk w/ Yeymy 1pm (Dining Rm)</p>	<p>15 Health Screenings 8:00am-4:00pm QUARTERLY TRAINING Center will be Open No Transportation No FIELD TRIP No Bingo Today</p>
<p>18 Health Screenings 8:00am-4:00pm How to use Fitness Room Equipment 10:30am w/ Yeymy</p>	<p>19 AACOG Benefits Counseling 9:30am-11:00 am Happy Birthday Cake Celebration @ 1pm</p>	<p>20 Health Screenings 8:00am-4:00pm  18th thru 22nd See Schedule Below</p>	<p>21 Support Group w/ Harry Miller@ 8:30am (Art Rm) Caregivers SOS 10am (Art Room) Tickets @ 9:30 am GYM 10am-11am Must Bring ID and Cart</p>	<p>22 Health Screenings 8:00am-4:00pm No Bingo Today</p>
<p>Monday</p> 	<p>Tuesday</p>  <p>Tacky Tourist Day</p>	<p>Wednesday</p>  <p>Nerd Day!</p>	<p>Thursday</p>  <p>Twin Day</p>	<p>Friday</p> <p>END OF SUMMER CARNIVAL with Kids Theme: Hawaiian 9am-12pm</p> 
<p>25 Health Screenings 8:00am-4:00pm</p>	<p>26 Field Trip: Mayan Theater Movie: The Croods 9:30am (See Front Desk)</p>	<p>27 Health Screenings 8:00am-4:00pm Food Bank Class & Demo @ 1pm(Dining Rm)</p>	<p>28 Support Group w/ Harry Miller@ 8:30am (Art Rm) Caregivers SOS 10am (Art Room)</p>	<p>29 Health Screenings 8:00am-4:00pm FIELD TRIP: Thrift Store 9:30am (See front Desk)</p>

ACTIVITY			SCHEDULE	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am-9:15am YWCA-Low-Impact Cardio Rodney -Gym	8:30am-9:30am YWCA-Joint Movement Chair Exercise -Yvonne (Gym)	7:30am-8:30am YMCA Zumba Gold Veronica-GYM	9:00am-11:00am OASIS COMPUTER CLASSES Smart Phone Photography 07/07 to 07/21 (3 sessions) Windows 10 07/28 (1 session) Instructor: Julie	8:00am-9:00am YMCA Liz (GYM)
10:00 am Singing Group Art Room	9:00am-11:00am OASIS COMPUTER CLASSES Going Wireless 07/05 (1 session) Windows 10 07/12-07/26 (3 sessions) Instructor: Laura	8:30am-9:30am YWCA-Joint Movement Chair Exercise-Jorge(Gym)	9:30pm-10:30pm Crossword/Word Search Puzzles- Dining Rm	9:00am-10:00 am Coloring Group Dining Room
9:30am-10:30am Coloring Group Dining Rm	9:00 am- 11:00am Crochet Class Lounge Area		10:00am-11am Urban 15 Dance Allegra Rosie-GYM No Classes for July	9:00 -11:00 Flower Making Group Lounge Area
10:30am-12:00pm Chair Volleyball (Gym)	9:00am-11:00am Flower Making Group Lounge Area	9:30am-10:30am Loteria (Dining Rm)	11:30am-12:15pm YMCA Boom Mind Stefani (Gym)	10:30am-12:00pm Chair Volleyball (Gym)
	9:30am-10:00am Fitness in the Park/Fit Lot Circuit Training (outside) Catherine Johnson	10:00am-12:00pm Basketball (Gym)	1:00pm-2:00pm YMCA-Boom Muscle Stefani (Gym)	
1:00pm-3:00pm Seniors in Play Class (Art Rm)	10:00am-11:00am YMCA Line Dancing Nora (Gym)	1:00pm-3:00pm Seniors in Play Class 07/06		9:30 am-10:30 am Bingo No Bingo 07/01 & 07/15
	11:30am-12:15 pm YMCA-Boom Muscle Stefani (Gym)	1:00pm-3:00pm Jewelry Making (Art Room) Class in Lounge Area		
	1:00 pm-3:00 pm Bihl House Painting Class (Dining Rm) Session: July 5-Sept. 20			

WELCOME TO YOUR CENTER

All independent Seniors 60 years of age or older are welcome to join us!

Food Bank Distribution Day
Every 3rd Thursday of each Month

Tickets @ 9:30 am
Distribution Time:
10:00 am—11:00 am



You Must Bring Your ID & Cart

- Hot Meal Distribution(11:00 am—12:00 pm) **During Kids Camp lunch time changes to 12pm—1pm**
- Meal Tickets given @ 8am –10:30am (**First Come, First Served**)
- New Member Orientation: **Mondays @ 1pm & Thursdays @ 9:30am**
- Transportation (**Must Attend Orientation**)
- Arts & Craft Classes
- Wellness & Nutrition Seminars
- Computer Classes
- Exercise Classes
- Fitness Room
- Field & Shopping Trips
- **Our Apologies:** This Calendar is tentative and may change without advanced notice.



HEALTH SCREENINGS

Blood Pressure * Blood Sugar * Fasting Cholesterol * Weight/BMI (*body mass index*)

Monday, Wednesday, & Friday, 8:00am—4:00am

Rules of Conduct

1. Participant should not use language or behave in an obscene, abusive, hostile, insulting, harmful, or disrespectful manner towards Center staff, volunteers, guests or other participants. This includes engaging in physical contact that is unsolicited or without consent, including kissing or touching.
2. Participant should not harass or discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, veteran status, age or disability.
3. Participant should not gamble for money, panhandle, sell products, or smoke (which includes vaping and e-cigarette products) at the Center or grounds.
4. Participant should not bring illegal drugs or alcoholic beverages into the Center, or be under the Influence.
5. Participant should not bring or consume food or beverages in the computer labs.
6. Participant should not attend the Center if suffering from a contagious illness that may be transmitted to staff, volunteers, guests or other participants.
7. Participant should not use the Center to store personal property or as a place to receive deliveries or mail.
8. Participant should not steal, destroy or damage property in the Center.
9. **ONLY drinks with tops** allowed outside of Dining Room.
10. Hot Meals are not allowed to be taken home; they **MUST** be consumed during lunch hour in the dining room.

REMINDER

Food and drinks allowed **ONLY** in the Dining Room



Fitness Room Hours

7:30am—3:45pm

Sign out keys at front desk



Pool Tables Hours

7:30am to 3:45pm

(See Rules on Wall)



Important Dates

(Mondays @ 1pm & Thursdays @ 9:30am) New Member Orientation

- 07/01 Wear RED, WHITE and BLUE—(Members Only) See Flyer for more information
- 07/04 Fourth of July Holiday – **CENTER CLOSED**
- 07/12 WellMed Medicaid Assistance with Unidad Gonzalez 9am-11am
- 07/15 Quarterly Training-Center is Open-No Transportation, Field Trip or Bingo
- 07/18 – 07/22 Spirit Week—See Schedule on front
- 07/19 AACOG Benefits Counseling 9:30am-11:00am
- 07/19 July Birthday Celebration @ 1pm(dining room)
- 07/21 Food Bank Distribution 10:00am to 11:00am—**Bring Member card, ID and your Cart**
- 07/27 Food Demo & Nutrition Class

**ATTENTION CITY
EMPLOYEES AND
VISITORS!**

**WE RECOMMEND THAT YOU
WEAR A MASK WHEN INDOORS
AT CITY FACILITIES.**

CITY OF SAN ANTONIO MANAGEMENT



**¡ATENCIÓN EMPLEADOS
DE LA CIUDAD Y
VISITANTES!**

**RECOMENDAMOS QUE UTILICE
UN CUBREBOCAS DENTRO DE LAS
OFICINAS DE LA CIUDAD.**

GERENCIA DE LA CIUDAD DE SAN ANTONIO

